

## Week of June 20, 2026

### Dance with Anna Matuszewski (Anna Bo Tunga)

**Stay Flexible**, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

**Seek a balance** when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

#### IMPORTANT INFORMATION FOR THE WEEK:

- RLP is a **"digital noise-free environment"**. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted inside Arroyo Gym.
- **Use proper footwear**
  - **HIKES:** Hiking boots with lugs.
  - **PICKLEBALL & TENNIS:** Court Shoes.
  - **STRENGTH CLASSES:** Close-Toed Shoes.
- **Classes are 1st come, 1st served** - Based on equipment availability.
- **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
- For the **comfort and safety** of our fellow guests, no open swim during schedule classes
- **Advanced - Difficulty level** - previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline.

## SATURDAY | JUNE 20

- 6:15  **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo  
 6:45  **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

- 9:00  **Mobility: Stretch** Montaña

- 10:00  **Meditation** Milagro  
 **Strength: Circuit Training** Azteca

- 11:00  **Pickleball Open Play** unstaffed, Court shoes recommended.  
 Pickleball Courts  
 **Yoga: All Levels** Montaña

- 1:00  **Fitness Concierge** (60 Min) Dining Hall

- 2:00  **Strength: Full Body All Levels** Olmecca

- 3:00  **Sound Healing** Oaktree  
 **Mobility: Stretch** Montaña

- 5:00  **Ranch Tour** (Recommended for first time guests) Gazebo  
 **Returning Guest Update** Tolteca

- 5:30  **First Time Guest Orientation** Olmecca

- 6:45  **Meet the Presenters** Dining Hall

- 7:15  **Movie: *The Upside*** Library Lounge

- 8:00  **Opening Talk: Drawing The Invisible, with Leslie McGuirk**  
 Oaktree

<p><b>Meal Hours: Saturday</b>          Breakfast 7:00 am to 9:00 am          Lunch 11:30 am to 3:30 pm          Dinner 5:30 pm to 7:30 pm</p> <p><b>Meal Hours: Sunday- Friday</b>          Breakfast 7:30 am to 9:00 am          Lunch 12:00 pm to 1:30 pm          Dinner 5:30 pm to 7:30 pm</p> <p><b>Snack Times: Sunday- Friday</b>          Fruit 10:30 am Main Lounge          Smoothies 2:45 pm Juice Bar          Veggies/Juice 4:30 pm Main Lounge</p> <p><b>Bazar Del Sol: Saturday- Friday</b>          6:00 am to 9:00 pm</p> <p><b>Juice Bar: Saturday - Friday</b>          9:00 am to 12:00 pm &amp; 1:00 pm 4:00 pm</p>	<p><b>Available Facilities*</b>          *when no class is in session</p> <p><b>Milagro - Meditation Room</b>          6:00 am to 9:00 pm</p> <p><b>Activity Pool - Lap Swim</b>          7:00 am to 6:00 pm          *No open swim during scheduled classes</p> <p><b>Azteca Gym - Weight Room</b>          Saturday: 6:30 am to 1:30 pm          Sunday – Friday: 7:00 am to 5:00 pm          (closed daily 1-2)</p> <p><b>Tennis &amp; Pickleball Courts - Open Play</b>          7:00 am to 5:00 pm</p>
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## SUNDAY | JUNE 21

*Class spaces are limited to first come first served.*

- 6:15  **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo  
 6:30  **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo  
 6:45  **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo  
 7:00  **Bird Walk** (60 Min) Gazebo

- 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo  
 8:15  **Fitness Concierge** (30 Min) Dining Hall  
 **Ranch Tour and Orientation** (For first time guests)  
 Dining Hall Main Entrance

- 9:00  **Advanced: Full Body Strength** (Su,W) Olmecca  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa  
 **Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation** (Su-F) Pinetree  
 **Strength: Introduction to Circuit Training** Azteca

- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!**  
 with Anna Bo Tunga (Su-F) Kuchumaa  
 **Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree  
 **Longevity: Strength Training** (Su,Th), Olmecca  
 **Pilates Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: Introduction to Circuit Training** Azteca  
 **Yoga Level 1 - Foundations** (Su-F) Montaña

- 11:00  **Aquatic: Shallow Water** (Su,W) Activity Pool  
 **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa  
 **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: TRX Fundamentals** (Su,Th) Pinetree  
 **Yoga Level 2 Slow Flow** (Su,M,T,W,F) (75 Min) Montaña

- 12:00  **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool

- 1:00  **Nutrition Wellness- Metabolism and Healthy Weight, with Jody Miller** Tipai  
 **Water Flow Therapy Demo** South Pool  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool  
 **Longevity: Lecture. How to Own Your Aging Process** Library Lounge  
 **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.  
 Pickleball Courts  
 **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: Circuit Training** (Su,Th) Azteca  
 **Mobility: Strength & Stretch with Stick Mobility** (Su,T) Kuchumaa  
 **Solar Vision Mandala with David Zboski** Art Studio

- 3:00  **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended.  
 Pickleball Courts  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,Th) Tolteca  
 **Tai Chi** (Su & W 2p ) Montaña

- 4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **From Picture Books to Star Maps, Leslie McGuirk** Tipai  
 5:00  **Earth Mandala Ceremony with Kitzia Kokopelmana** Gazebo

- 7:15  **Movie: *Now You See Me*** Library Lounge

- 8:00  **Boosting Brain Health, Samantha Heller, MS, RDN** Olmecca

## MONDAY | JUNE 22

*Class spaces are limited to first come first served.*

- 6:15  **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo  
 6:30  **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo  
 6:45  **Lowlands Hike: Quail Trail** Moderate (M,W,F) 2 or 2.5 Miles, Gazebo

- 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00  **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa  
 **Pilates: Mat Foundations All Levels - Flexion** (Su-F) Pinetree  
 **Strength: Circuit Training** (M,W,F) Azteca  
 **Strength: Total Body with Bands** (M,F) Olmecca  
 **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!**  
 with Anna Bo Tunga (Su-F) Kuchumaa  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,F) Activity Pool  
 **Pilates: Mat Level 2** (M,W,F) Pinetree  
 **Strength: Barbell Workout Level 2** (M,W) Tolteca  
 **Strength: Circuit Training** (M-F) Azteca  
 **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts  
 **Yoga Level 1 - Balance** (Su-F) Montaña

- 11:00  **Aquatic: Liquid Drums (Shallow Water)** (M,F) (Sunglasses recommended)  
 Activity Pool  
 **Cardio: Cycle Hip Hop** (30 Min) Pai Pai  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: Kettlebells** (30 Min) (M,W) Tolteca  
 **Strength: TRX Full Body** Pinetree  
 **Yoga Level 2 Slow Flow** (Su,M,T,W,F) (75 Min) Montaña  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

- 12:30  **Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert: A 15 Minute Overview** Outdoor Dining Hall Patio

- 1:00  **Living with a Healthy Heart, with Samantha Heller, MS, RDN** Tipai  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely**  
 (26 mins) Library Lounge

- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool  
 **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.  
 Pickleball Courts  
 **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Recovery: Release & Mobilize** (M,W) Oaktree  
 **Strength: TRX Flexibility** (M,Th) Pinetree  
 **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa  
 **Inner Fitness: Philosophy, Poets, Mystics, with Linda Carroll** Tipai

- 3:00  **Advanced: Bodyweight Blast** (30 Min) (M,W) Tolteca  
 **Mobility: Dynamic Stretch** (30 min) Pinetree  
 **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended.  
 Pickleball Courts

- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree

- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Mobility: Stretch and Relax** (M,W,F) Montaña

- 5:00  **Guest Reception: Sangria & Guacamole** Bazar del Sol

- 6:15  **Silent Dinner** Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)

- 7:15  **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

- 8:00  **Transitions—Embrace them! with Shirley Buccieri** Olmecca  
 **Art Class: Emboss Your Own Stationery Set**  
 with Jessica Colvin, MSW, MPH Art Studio; sign-up required

## TUESDAY | JUNE 23

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.

- 6:15  **Mountain Hike: Coyote Trail** (T,F) Advanced, 5.5 or 4 Miles, Gazebo  
 6:20  **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo  
 6:30  **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña  
 6:45  **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo  
 7:00  **Bird Walk** (60 Min) Gazebo  
 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00  **Advanced: Cardio Muscle Blast** (T,Th) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Barre** (T,Th) Olmecca  
 **Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa  
 **Pilates: Mat Foundations All Levels - Extension** (Su-F) Pinetree

- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!**  
 with Anna Bo Tunga (Su-F) Kuchumaa  
 **Aqua Board** (T,Th) Central Pool  
 **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: BOSU® Fit** Olmecca  
 **Strength: Circuit Training** (M-F) Azteca  
 **Yoga Level 1 - Strength** (Su-F) Montaña

- 11:00  **Advanced: Cardio Sculpt Express** (30 Min) (T,F) Olmecca  
 **Aqua Board** (T,Th) Central Pool  
 **Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: TRX Circuit** (T,F) Tolteca  
 **Yoga Level 2 Slow Flow** (Su,M,T,W,F) (75 Min) Montaña  
 **Cooking with the Seasons, with Head Chef Vivian Mercado.**  
 Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

- 1:00  **Making a Smoothie Class with Chef César** Juice Bar  
 **Your Body is Talking. Are You Listening?** with Jonelle Rutkauskas, HHP, RCST Tipai

- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool  
 **Labyrinth: Meet at Emily's Forest** behind Kuchumaa  
 **Longevity: Balance & Coordination** (T,F) Olmecca  
 **Mobility: Strength & Stretch with Stick Mobility** (Su,T) Kuchumaa  
 **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.  
 Pickleball Courts  
 **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Inner Fitness: Learning to Surf, with Linda Carroll** Tipai  
 **Art Class: Decoupage Stationery, Journals, Frames & Coasters, with Jessica Colvin, MSW, MPH** Art Studio; sign-up required

- 3:00  **Mobility & Corrective: Postural Awareness** (T, F) Tolteca  
 **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended.  
 Pickleball Courts  
 **Pilates: Tower Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Strength: Stability Ball** (30 Min) Olmecca  
 **Yoga Workshop: Rope Wall** Montaña  
 **Transformation—How Shirleyfest can become “[your name here] fest”**, with Shirley Buccieri Tipai

- 4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **Hands-On Cooking Class with Chef Valerie Gordon.** Fee \$145.  
 Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
 **Your Inner Orchestra, with Leslie McGuirk** Tipai

- 5:00  **1st Time Visitor's Reception** Los Olivos  
 **Live Music with Sergio Ramos** Bazar Del Sol  
 7:15  **Movie: *Conclave*** Library Lounge  
 8:00  **The Beatles: Listen and Talk, with Steven Schick** Oaktree

## WEDNESDAY | JUNE 24

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge, Gazebo
- 6:15  **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30  **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00  **Advanced: Full Body Strength** (Su,W) Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes recommended Tennis Courts
- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!** with Anna Bo Tunga (Su-F) Kuchumaa
- Pilates: Mat Level 2** (M,W,F) Pinetree
- Strength: Barbell Workout Level 2** (M,W) Tolteca
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes recommended Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00  **Aquatic: Shallow Water** (Su,W) Activity Pool
- Cardio & Strength: Mini Trampoline Build & Bounce** (W,F) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) Tolteca
- Yoga Level 2 Slow Flow** (Su,M,T,W,F) (75 Min) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Hands-On Cooking Class with Chef Valerie Gordon.** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.
- 12:00  **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
- 1:00  **Secrets to a Healthy Life, with Samantha Heller, MS, RDN, Tipai**
- 2:00  **Aqua: Water Jogging (Deep Water)** Activity Pool
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W) Oaktree
- Tai Chi** (W & Su 3p) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves.(M,W,F) Kuchumaa
- Inner Fitness: The Hero's Journey in Life and Love, with Linda Carroll** Tipai
- Art Walk with Rob Larson** Meet at Gazebo
- Art Class: Emboss Your Own Stationery Set** with Jessica Colvin, MSW, MPH Art Studio; sign-up required
- 3:00  **Advanced: Bodyweight Blast** (30 Min) (M,W) Tolteca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Yoga Workshop: Happy Hips & Low Back** (W,F) Montaña
- Travel—The Art of Becoming a Local, with Shirley Buccieri** Tipai
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Salsa and Salsa: Dancing to the Beat of Flavor, with Head Chef Vivian Mercado and Manuel Velázquez.** Fee \$100. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee \$55. To Sign Up Call Ext.113 or visit the Main Lounge (Minimum 6 guests required) Bazar del Sol
- 5:00  **Ranch Tour & Fitness Concierge** (Recommended for first time guests) Gazebo
- 6:30  **Sunset Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo
- 7:15  **Movie: One Life** Library Lounge
- 8:00  **Your Life as Art, with Leslie McGuirk** Olmecca

## THURSDAY | JUNE 25

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.
- 6:10  **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up Gazebo
- 6:15  **Mountain Hike: Professor's Trail**(M,Th) Advanced, 3.3 Miles Gazebo
- 6:30  **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45  **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
- 7:00  **Bird Walk** (60 Min) Gazebo
- 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00  **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa
- Pilates: Mat Foundations All Levels - Rotation** (Su-F) Pinetree
- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!** with Anna Bo Tunga (Su-F) Kuchumaa
- Aqua Board** (T,Th) Central Pool
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Longevity: Strength Training** (Su,Th) Olmecca
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Opening** (Su-F) Montaña
- 10:30  **Valle de Guadalupe Tour: Pijao Vineyard & Adobe Guadalupe.** Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
- 11:00  **Aqua Board** (T,Th) Central Pool
- Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: TRX Fundamentals** (Su,Th) Pinetree
- Yoga Sculpt: L2** (60 Min) Olmecca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- 12:00  **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace
- 12:30  **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00  **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$70 + tax. Dining Hall Balcony
- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Library Lounge
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Mobility: TRX Flexibility** (M,Th) Pinetree
- Inner Fitness: Five Life-Changing Communication Tools, Including the 60 Seconds that Make or Break a Conversation, with Linda Carroll** Tipai
- Art Class: Decoupage Stationery, Journals, Frames & Coasters, with Jessica Colvin, MSW, MPH** Art Studio; sign-up required
- 3:00  **Longevity: Dynamic Mobility** Olmecca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Tower Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,Th) Tolteca
- Yoga Workshop: Happy Hips & Low Back** (W,Th) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge
- Travel—The Nuts and Bolts of Travel Technology, with Shirley Buccieri** Tipai
- 4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca
- Yoga: Restorative** (Su,T,Th) Montaña
- Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 5:00  **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
- Live Music with Sergio Ramos** Bazar Del Sol
- Farm-to-Table Dining Experience with Visiting Chef Valerie Gordon and Head Chef Vivian Mercado.** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:15  **Movie: F1 (Formula 1)** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00  **Concert: Rhythmic Sounds, with Steven Schick** Oaktree

## FRIDAY | JUNE 26

*Class spaces are limited to first come first served.*

*\*Please confirm your transportation at the Admin Building or Concierge Desk.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge, Gazebo \* Option: to stay and work in the Garden with Salvador 8 to 10am will walk to the Garden and Van back to the Ranch (F only).
- 6:15  **Mountain Hike: Coyote Trail** (T,F) Advanced, 5.5 or 4 Miles, Gazebo
- 6:30  **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
- 6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00  **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00  **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña & Kuchumaa
- Pilates: Mat Foundations All Levels - Review & Flow** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Strength: Total Body with Bands** (M,F) Olmecca
- 10:00  **Specialty Dance: Embrace Movement, Unleash Your Creativity!** with Anna Bo Tunga (Su-F) Kuchumaa
- Advanced: BOSU® & Battle Ropes** Olmecca
- Aquatic: H2O Boot Camp (Deep Water)** (M,F) Activity Pool
- Cardio: Cycle Strength** Pai Pai
- Pilates: Mat Level 2** (M,W,F) Pinetree
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña
- 10:30  **Mercado Craft Sale,** ongoing until 2:00 pm Mercado Patio
  - **Delicias Mexicanas Tradicional Mexican Sweets**
  - **Punto & Nudo Home Decor**
  - **La Casa del Chai**
  - **Mapache Arts & Crafts**
  - **Casa de los Cirios**
- 11:00  **Advanced: Cardio Sculpt Express** (30 Min) (T,F) Olmecca
- Aquatic: Liquid Drums (Shallow Water)** (M,F) (Sunglasses recommended) Activity Pool
- Cardio & Strength: Mini Trampoline Build & Bounce** (W,F) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength & Cardio: TRX Circuit** (T,F) Tolteca
- Yoga Level 2 Slow Flow** (Su,M,T,W,F) (75 Min) Montaña
- 1:00  **Set Your Return to Home Intention** Tolteca
- 2:00  **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
- Gentle Spinal Mobility** Pinetree
- Longevity: Balance & Coordination** (T,F) Olmecca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- Inner Fitness: Chasing Wonder: Cultivating True Presence and Three Magic Words, with Linda Carroll** Tipai
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Mobility & Corrective: Postural Awareness** (Tu,F) Tolteca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Sound Healing** (Su-F) Oaktree
- Strength: Core Express** (30 Mins) Olmecca
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- 5:45  **Shabbat Ceremony** (led by guests) Los Olivos
- 6:00  **Live Music with Rancho La Puerta Fiesta Band** (2 hrs) Dining Hall

*Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall*